



COMMANDER U.S. SECOND FLEET MARITIME HEADQUARTERS

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Quarterly Newsletter

March 2009

Second Fleet Commander Honors MLK with Norfolk Community



090119-N-8745S-002 NORFOLK, Va -- Commander, U.S. Second Fleet Vice Adm. Mel Williams Jr. stands next to Norfolk City Mayor Paul Fraim (left) and local area students on stage at Chrysler Hall Jan. 19 following a program honoring Dr. Martin Luther King Jr. and the 50th anniversary of public school desegregation in Norfolk. (U.S. Navy photo by Cmdr. Jensin Sommer/Released).

From U.S. Second Fleet Public Affairs

NORFOLK (NNS) -- Representing the U.S. Navy and Hampton Roads' military community, U.S. Second Fleet Commander Vice Adm. Mel Williams Jr. attended a program at Chrysler Hall Jan. 19 honoring Dr. Martin Luther King Jr., and the 50th anniversary of Norfolk schools' desegregation here.

The program featured musical performances by the Virginia Symphony Orchestra and area school choirs as well as remarks

by representatives of groups who played a key role in school desegregation. Norfolk City Mayor Paul Fraim welcomed members of the Norfolk 17 -- 17 African-American students shut out of Norfolk's all-white secondary schools which were closed by Virginia's governor September 1958 in defiance of a federal supreme court ruling mandating desegregation. Five months later, these students were the first to enter area schools after a key Virginia Supreme Court ruling that ended Norfolk's resistance to racial integration in public schools.

In his opening remarks, Fraim also introduced Williams, as well as his wife and daughter, as special guests during the event.

"The Williams family thoroughly enjoyed the opportunity to honor Dr. Martin Luther King's legacy with Mayor Fraim of Norfolk and the many community members who attended today's event," said Williams. "Dr. King believed that service is the soul's highest purpose. As representatives of the United States Navy and as members of the Norfolk community, we joined in unity with others who also serve our great Nation which is comprised of people from diverse backgrounds."

Following the hour-long program, the admiral met city government leaders, members of the community and local area students.

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A Message From Commander, U.S. Second Fleet

Greetings everyone!

Despite 2009 still being relatively new, we can be proud of the tremendous work Second Fleet staff and units have accomplished already. Our day to day **Fleet Operations** have been safe and effective. This included the deployment of more than 6,000 Sailors and Marines with the USS Eisenhower (CVN 69) Carrier Strike Group (CSG) to the European and Central Command Area of Operations.

As part of our mission to prepare **Ready** maritime **Forces** for global assignment, we and, Carrier Strike Force Atlantic (CSFTL), trained and certified IKE CSG for deployment. That same work is ongoing for the USS Bataan (LHD 5) Expeditionary Strike Group which is deploying in the near future, and will be followed by the USS Harry S. Truman (CVN 75) CSG.

We have also teamed with our **Allies and Partners** to enhance Second Fleet's readiness. The French Ships FS Tonnerre (L9014) and FS La Motte-Picquet (D 645) recently trained with the Bataan ESG as part of the Strike Group's Composite Unit Training Exercise. Also, the Commander in Chief of the Italian Fleet, Vice Admiral Giuseppe Lertora, visited our Maritime Headquarters in early February to learn more about Second Fleet and discuss ways to improve our two navies' abilities to work together.



090227-N-9985W-060 NORFOLK Va. –Vice Adm. Mel Williams Jr., Commander, Second Fleet and Director, Combined Joint Operations from the Sea, Centre of Excellence (CJOS COE) and members of the Second Fleet staff gather for a group photo to celebrate the command 63rd birthday. March 1, 1946 is recognized as Second Fleet's official establishment date under the command of Vice Adm. Mark A. Mitscher. (U.S. Navy photo by Mass Communications Specialist 3rd Class Tyler J. Wilson).

At Second Fleet we believe that it is our duty to develop leaders. It is important for our Navy to have diverse thoughts, backgrounds, experience, and skills amongst individuals who contribute to the team effort. We must ensure an environment within the Fleet whereby individuals can realize their full potential, leading to improved readiness and enhanced mission performance.

Most recently, we celebrated Second Fleet's 63rd birthday and the third anniversary of the Combined Joint Operations from the Sea Centre of Excellence

(CJOS COE). Second Fleet and CJOS COE have been forged by our core values, and have a legacy of outstanding service by people who, whether in peacetime or war, have maintained the highest standards of excellence.

I encourage you to view the command website at www.secondfleet.navy.mil to learn more about our command.

Thanks for your service and support!

Mel Williams Jr.

Second Fleet Master Chief Corner



Second Fleet Team, I am grateful for my new assignment as your Command Master Chief. It is truly an honor and privilege to have the opportunity to serve and lead the Sailors, families and employees of U.S. Second Fleet.

Master Chief Petty Officer Robert Hart will most assuredly be missed by all; he has left an outstanding legacy during his twenty four years of naval service. We ask that the Lord bless him and his family as they retire and embark on their new career. Fair winds and following seas Shipmate.

These are exciting times for our Country and Navy, recently we all became a part American history as we watched the first

ever African-American be sworn in as the forty-fourth President of the United States.

It is electrifying to know that never before have the Sailors of our great Navy been more professional, better trained and equipped to serve our Commander in Chief.

It is important that all of you, every family member, Civilian and Sailor in U.S. Second Fleet, know your efforts in and by themselves are what make us such an outstanding team. It is vital that we continue to remain focused and stay the course if we are to pay our part in keeping this world we live in safe for all.

My wife Theresa and I thank you for all you do and stand ready to serve you in any way we can.

CMDCM(AW/NAC) Michael Stevens

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Command Master Chief

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Fleet Focus is an internal document produced by and for the staff of Second Fleet and their families. Its contents do not necessarily reflect the official views of the U.S. Government or the Departments of Defense or the Navy and do not imply any endorsement thereby. Fleet Focus is published quarterly by the Second Fleet Public Affairs Staff.

Second Fleet Hosts Joint Humanitarian Operations Course



090123-N-9985W-015 NORFOLK (Jan. 23, 2009) William Laspina, a member of the U.S. Agency for International Development/Office of Foreign Disaster Assistance, instructs students in the Joint Humanitarian Operations Course hosted by Commander, U.S. Second Fleet. (U.S. Navy photo by Mass Communication Specialist 3rd Class Tyler J. Wilson/Released)

*By Mass Communication 3rd Class
Tyler J. Wilson, U.S. Second Fleet
Public Affairs*

NORFOLK, Va. (NNS) -- Commander, U.S. Second Fleet hosted two iterations of the Joint Humanitarian Operations Course (JHOC) held by the U.S. Agency for International Development/Office of Foreign Disaster Assistance (USAID/OFDA) at Naval Station Norfolk Jan. 20-21 and 22-23.

Participants in the course included representatives from the Navy Operational Logistics Support Center Norfolk, U.S. Second Fleet, Combined Joint Operations from the Sea Center of Excellence (CJOS COE), Carrier Strike Group 10, U.S. Fleet Forces Command, the Joint Forces Staff College, and several other organizations from across the Hampton Roads area.

Second Fleet staff members attended the course to enhance Second Fleet's status as a U.S. Joint Forces Command-designated ready

Joint Task Force (JTF) Headquarters.

"It's important for us to host and take part in this course in the event that Second Fleet is activated as a JTF headquarters in support of a foreign humanitarian assistance and disaster relief mission," said Lt. Col. Mark Murphy, Second Fleet's operational planner. "This course gives us knowledge of the procedures for working with USAID so we know who to contact and who has what authority when we get out there."

In 2004, USAID/OFDA created the JHOC to establish a formal learning environment for select U.S. military leaders and planners to discuss how the Department of Defense, Department of State and USAID work collaboratively during humanitarian assistance and disaster response operations.

"The main purpose of this course is so when service members are sent to a disaster area they are prepared for the mission that is given,"

said William Laspina, member of USAID/OFDA and team leader for the JHOC, "This course helps inform students of what their mission includes and what USAID's mission is so the line doesn't become blurred."

The course is a two-day long classroom environment which includes interactive presentations, case-study methodology and group exercises where students discuss how they would handle a certain disaster situation and who they would contact for different aspects of the situation.

"The group exercises are really helpful," said Thomas Frey, member of USAID/OFDA and team leader for the JHOC. "They allow a lot of interaction between the students who all share their personal experiences to solve a given scenario. With so many different backgrounds, each student brings something new to the table."

The course highlights how humanitarian agencies relate to the U.S. military's mission and its role and responsibilities when supporting foreign humanitarian assistance and disaster relief operations, specifically as provided for under Department of Defense Directive 5100.46.

"I would recommend this course to anyone," said Religious Programs Specialist 1st Class James Gibson, a student in the course. "It taught me a lot about how to stay within our boundaries as members of the Department of Defense and how to improve our efforts when we get called into a humanitarian and disaster relief assistance situation."

A Glance at Heritage Months Celebrated in the United States

Many Americans are aware that African-American History Month rolls around once a year, but don't know why. Women's History Month comes each March, but what precisely is it? Here is a glance at the histories and meanings of some of America's heritage and awareness months, celebrating the diversity of our nation.

February marks African-American History Month, begun in 1926 by Dr. Carter Woodson. This time recognizes African-Americans' historical contributions to the United States. February was chosen because both Abraham Lincoln's and Frederick Douglass' birthdays occur during this month. Both men made significant differences in the lives of African-Americans. Douglass lived during the 1800s, he escaped slavery at age 21, and campaigned against slavery by establishing and publishing a newspaper. Lincoln was the 16th American President. His Emancipation Proclamation declared that all slaves were free. The Association for the Study of African-American Life and History establishes a different theme every year.

March is National Women's History Month, and focuses on the importance of women in history. In the past, women fought for equal treatment in this country. In 1857, female textile workers protested against unequal rights for women and again, in 1910, they fought against poor working conditions and demanded women's suffrage.

May marks Asian and Pacific American Heritage Month. In 1976, Jeanie Jew, president of the Organization of Chinese American Women, contacted the U.S. government because Asians were not fairly represented during the nation's bicentennial celebration. She wanted

the United States to recognize the great contributions of Asian Americans to society. In 1992, President George Bush officially created the celebration. It commemorates two significant historical events involving Asian Americans: the completion of the Transcontinental Railroad and the immigration of the first Japanese to America.

Americans celebrate National Hispanic Heritage Month in September. It honors contributions of Hispanic Americans to the country. This heritage month commemorates two particular events: the Act of Independence for Costa Rica, El Salvador, Guatemala, Honduras, and Nicaragua, as well as Mexico's Independence Day, when the country began its fight against Spanish rule. There is a different theme to the celebration each year.

October is National Disability Employment Awareness Month, which first begun to recognize disabled

veterans. It soon expanded, however, to include people with all types of disabilities and also reinforced the fact that it is illegal to discriminate against citizens with disabilities. This awareness month celebrates the contributions of at least 30 million people in America with disabilities.

National American Indian Heritage Month is celebrated in November. The effort to recognize American Indians' contributions to the country was begun by Congress, and then made an official month by President George Bush in 1990. November was chosen because it is the month when Native Americans have fall festivals, powwows, and other celebrations. The celebratory month recognizes hundreds of different tribes and about 250 various languages spoken by them. The month celebrates not only their contributions, but also their difficulties during this country's history.



090116-N-9985W-013 Norfolk, Va -- U.S. Second Fleet Chaplain Capt. James Hightower and Intelligence Specialist 2nd Class Dynesha Scantling cut the cake at Commander Second Fleet's Martin Luther King Jr., birthday ceremony Jan. 16. The Department of Defense theme for Dr. King's birthday is "Remember, celebrate, act, a day on, not a day off," reminding servicemembers to champion their diversity and celebrate the hard won freedoms as Dr. King intended. (U.S. Navy Photo by Mass Communication Specialist 3rd Class Tyler J. Wilson/Released)

Important Tips for Family Members on Preserving Operational Security



Operational security (OPSEC) is vital to the military. It helps keep our families, communities, and nation safe. OPSEC refers to keeping unclassified information, known by families and friends of military members, out of unsafe and potentially dangerous hands. In an effort to keep this material safe, keep the following tips in mind:

1) Technology is both a friend and foe. Although it allows us to communicate easily with others, it can also be “tapped” into very easily. When using a cell phone, for example, watch what you are saying and where you are when you say it. Others may be listening.

2) Facebook and MySpace are not places to share details of your private life. You don’t know who is out there and what they want to know about you and your family. Do you want potential criminals knowing what your kids look like, where they live, and how old they are? Is your Facebook page a place to share vital details of your wife’s deployment?

3) Email is simple and quick to use, but it is not private. Do not open email attachments unless you are absolutely certain what they are and where they came from. Dangerous attachments may even appear to come from people you know.

4) Like your mom said when you were small, “Don’t talk to strangers.” It may be easy to share seemingly unimportant information with people we don’t know. The man at McDonald’s does not need to know that your husband is an IA in Iraq for nine months.

5) Shred your trash. This is true for not only military-related information, but also for any personal information. Yes, your identity can be stolen fairly easily and it isn’t fun to fix.

A scary fact is that a large percentage of important military-related information is available to terrorists via open source. This means that the information is “floating” around and easy to find, for example, on the Internet or through emails. It is everyone’s job to be aware of how to prevent this in the future and keep our family members safe.

10 Easy Money-Saving Tips

In today’s difficult economy, more of us are looking for easy ways to save cash. It’s not all that hard! Take the following tips into consideration, and you may be surprised how many of your dollars and pennies stay in your pocket.

1) Cook meals at home. This does not mean you can’t enjoy a nice evening out with a great steak once in a while. Just don’t do it very often.

2) Ah, good old vanilla soy lattes from your local coffee shop! Those things are addictive—and expensive. Learn to make your own coffee at home, find a creamer flavor you enjoy, and make the expensive lattes an occasional treat.

3) Go back to good ole PB&Js! Taking lunch to work, instead of eating out five days a week, saves a lot of money. There are books and websites devoted specifically to tasty, homemade, and portable lunches.

4) Check when milk, yogurt, and meat expire before buying. Look at the expiration dates—if the foods expire in a matter of days, it is likely you’ll be throwing the foods (and your money) in the garbage.

5) Generic food brands are much cheaper. Yes, the box may not be as attractive and the name unfamiliar, but the amount saved can go toward that mint chocolate chip ice cream you’re hankering after.

6) Even though it’s fun to browse the local bookstore for a good read, check it out at the library whenever possible. If not, dozens of stores, both on-line and in the community, offer used books at greatly reduced prices.

7) Avoid impulse buys. Wait a couple days before buying—often times, that cool stereo system does not seem as necessary 48 hours later.

8) Bottled water—it’s like pouring your money down the drain. Okay, corny joke, but it’s true. Those things are expensive! Tap water often tastes just fine. If not, consider investing in a filtration system or pitcher that will last a long time.

9) Take snacks to work. Vending machines are far overpriced—and who needs candy and chips on their waistlines anyway?

10) Going to movies before 6 p.m. is cheaper. Matinees are a much better deal than evening flicks. Instead of “dinner and a movie,” try “a movie and dinner.”

Second Fleet Ombudsman

Rachel Haag 757-831-7693

Assistant Ombudsman

Amina Cooks 757-831-7926

Fleet and Family Service Centers

Norfolk 757-444-2102

Little Creek 757-462-7563

Oceana 757-433-2912

Dam Neck 757-492-6342

Newport News 757-688-NAVY

Northwest 757-421-8770

Yorktown 757-887-4606

After Hours 757-444-NAVY

(Available to all of Hampton Roads)

Navy-Marine Corps Relief Society

Norfolk 757-423-8830

Little Creek 757-464-9364

Oceana 757-425-5789

Portsmouth 757-953-5956

757-953-5697

Navy Exchange

Norfolk 757-440-6528

www.navy-nex.com

Commissary 757-423-6070

757-423-3188

Upcoming Events

Morale, Welfare, and Recreational Events

March Events

- 17 **Rifle Qualifications:** Cost \$45. Departs Wind & Sea/C-9 at 4:30 p.m.
- 20 **Parents Night Out:** 6:00 p.m. - 10:00 p.m. Cost \$10. Register by March 19. Call 445-0996 for details.
- 24 **Rifle Qualifications:** Cost \$45. Departs Wind & Sea/C-9 at 4:30 p.m.
- 28 **Easter Egg Hunt with Lincoln Housing.** 10:00 - Noon. Call 445-0996 for details.

April Events

- 4 **Washington D.C. Trip:** For cost and registration information call Wind & Sea/C-9 at 444-4814
- 12 **NAS Oceana Officer's Club Easter Brunch:** Cost Adults - \$26.35 (Gratuity included), Children Ages 5 to 10- \$14.35 (Gratuity included). Seating starts at Noon. Call 428-0518 for more information. Taking reservations with payment through Monday, April 6. Full payment required with reservations.
- 12 **NAB Little Creek Easter Brunch at Snug Harbor:** Cost Adults - \$26, Children Ages 5 to 10 - \$15 Children Ages 1-4 Eat Free. Gratuity included in price. Reservations are required and can be made by calling 462-2418, 462-2417 or 462-2714.
- 25 **NAB Little Creek Cove Marina Spring Fling:** 9 a.m. to 5 p.m. Call Jim Landon at 462-7140 for more information.

Check out: <https://www.cnic.navy.mil/Norfolk/MWR/index.htm>
Where you'll find many more activities and programs.

***NEW:** New Horseback Riding Program, NAS Oceana Stables; Classes held Tues. through Sun. for all ages and skill levels 433-3255 for more information.

***NEW:** Through Dec. 23, 2009, all military and their families can get a free five-day pass to Walt Disney World!
Contact the nearest military ticket office for more details.

Defense Department Authorizes Adult Family Members to Return to Bahrain

From Commander, U.S. Naval Forces Central Command Public Affairs

MANAMA, Bahrain (NNS) -- Commander, U.S. Naval Forces Central Command (NAVCENT), in cooperation with the American Embassy in Bahrain, announced Nov. 5 that adult family members for all Department of Defense personnel permanently assigned in Bahrain will be allowed to return effective immediately.

This decision marks a change to the defense department policy that has been in place since July 2004 when families were required to relocate following security concerns.

"We are extremely pleased with the policy change," said Vice Adm. Bill Gortney, commander, U.S. Naval Forces Central Command. "The return of our adult family members reinforces the security and stability of the region, demonstrates our enduring commitment to Bahrain, and will make the quality of life for our service members and Department of Defense civilians even better."

Gortney speaks from experience; four years ago, then-Capt. Gortney was the chief of staff for NAVCENT, and he oversaw the departure of all of the family members.

"I have been committed to having family members return to Bahrain ever since," he said.

U.S. Embassy Chargé d'Affaires Christopher Henzel and Rear Adm. Kendall Card met with the Ministry of Foreign Affairs Nov. 2 to inform the Government of Bahrain.

"The return of the adult dependents of Defense Department personnel will restore an important personal dimension to the strong relationship between Bahrainis and Americans," said Henzel. "It was a pleasure to be the bearer of such good news. We look forward to welcoming Department of Defense adult family members back to Manama."

School-age dependents and below school-age dependents will be considered at a later date, after the Department of Defense Education Activity completes its supplemental support review.

Defense department personnel currently serve 12-month unaccompanied tours in Bahrain, with some assignments designated as 18-month tours. This authorization will return accompanied tours to 24 months.

Operations in the U.S. Naval Forces Central Command Area of Operations are focused on reassuring regional partners of the United States' commitment to security, which promotes stability and global prosperity.

For more news from Commander, U.S. Naval Forces Central Command/Commander, U.S. 5th Fleet, visit www.navy.mil/local/cusnc/.

C2F Individual Augmentees

Recently Returned:

LCDR Burton / Iraq / August 2007-August 2008
IS1 Timmington / Iraq / August 2007-August 2008
CTTCM Villagomez / Iraq/ September 2007-September 2008
LCDR Perron / Iraq / November 2007-August 2008
FC1 Kipp / Iraq / November 2007-November 2008
LCDR Gomez / EUCCOM / January 2008-July 2008
IT2 Ubiera/ Iraq / January 2008-September 2008
OSCM Green/ Iraq / March 2008-February 2009

Still on station:

IT1 Bolden/ Iraq/ November 2008
OS3 Chan/ Iraq/ November 2008
ET1 Sinclair/ Iraq/ December 2008
LT Turner/HOA/ January 2009
IS2 Sarver/Bahrain/ February 2009

Input is welcome!

First and foremost, the ombudsman is here to help service members and their families. Should there be a question, concern, or comment, please let us know.

We will do our best to assist!

Drop an email to:

c2fombudsman@yahoo.com

Or call us at:

Rachel: 757-831-7693
Amina: 757-831-7926

Watch this newsletter for important information. The ombudsman is here to help.

How many Sailors does it take to save a life?

ACT

ASK - CARE - TREAT

ASK if someone is thinking about suicide.

Let them know you **CARE**.

Get them assistance (**TREATment**) as soon as possible.

Just One.

www.suicide.navy.mil

Myths and Truths Related to Sailors and Suicide

MYTH

"Sailors who talk about suicide won't really do it."

TRUTH

Almost everyone who commits or attempts suicide has given some clue or warning. Do not ignore suicide threats. Statements like "you'll be sorry when I'm dead," "I can't see any way out," -- no matter how casually or jokingly said may indicate serious suicidal feelings.

MYTH

"Anyone who tries to kill him/herself must be crazy."

TRUTH

Most suicidal people are not psychotic or insane. They must be upset, grief-stricken,

depressed or despairing, but extreme distress and emotional pain are not necessarily signs of mental illness.

MYTH

"Talking about suicide may give a Sailor the idea to hurt themselves."

TRUTH

You don't give a suicidal person morbid ideas by talking about suicide. The opposite is true --bringing up the subject of suicide and discussing it openly is one of the most helpful things you can do.

MYTH

"If a Sailor is determined to kill him/herself, nothing is going to stop him/her."

TRUTH

Even the most severely depressed person has mixed feelings about death, wavering until the very last moment between wanting to live and wanting to die. Most suicidal people do not want death; they want the pain to stop. The impulse to end it all, however overpowering, does not last forever.

MYTH

"Getting help will make me to lose my clearance."

TRUTH

Less than 2% of revoked or denied clearances are for psychological problems. In the vast majority of situations, getting counseling or treatment is an indicator of the good reli-

ability and judgment required for clearances. Failure to seek help and allowing problems to get worse and start to impact performance, conduct and finances, is more likely lead to clearance loss. With changes in April 2008, marital, family, or grief counseling (not related to violence by the applicant and unless the treatment was court-ordered) and any counseling for post combat deployment concerns are not required to be reported on the security clearance form SF 86. While other counseling or psychological treatment is reported by the applicant on the SF 86 form and leads to an extra step in the clearance process, this very rarely results in denial or revocation of clearance.

Around the Fleet



090121-N-4750W-015 ATLANTIC OCEAN (Jan. 21, 2009) -- Explosive Ordnance Disposal Specialist 1st Class Mark Hickling, right, disengages an explosive device for Navy Diver 2nd Class Joshua Crowder during a hostage training exercise aboard the aircraft carrier USS Dwight D. Eisenhower (CVN 69) during the Carrier Strike Group (CSG) 8 composite unit training exercise (COMPTUEX). COMPTUEX is a training exercise to test capabilities and ensure readiness prior to deployment. (U.S. Navy photo by Mass Communication Specialist 3rd Class Holly Whitfill/Released)



090128-N-1713L-013 NORFOLK, Va. (Jan. 28, 2009) -- Family members watch as core staff from the Combined Joint Task Force - Horn of Africa (CJTF- HOA) board a bus that will take them to Naval Air Station Oceana to depart for deployment. Most of the staff will be working out of Djibouti during their year-long deployment. (U.S. Navy Photo by Mass Communication Specialist 1st Class Lolita Lewis/ Released)



090213-N-3673F-003 NORFOLK (Feb. 13, 2009) The Nimitz-class aircraft carrier USS Harry S. Truman (CVN 75) transits up the Elizabeth River as it passes the downtown Norfolk waterfront after completing a successful and on-time six-month Planned Incremental Availability (PIA) at the Norfolk Naval Shipyard in Portsmouth, Va. (U.S. Navy photo by Mass Communication Specialist 3rd Class Tyler Folnsbee/Released)



090223-N-4236E-092 GULF OF ADEN (Feb. 23, 2009) Sailors hook cargo to an MH-60S Sea Hawk helicopter from the "Chargers" of Helicopter Sea Combat Squadron (HSC) 26 aboard the multi-purpose amphibious assault ship USS Iwo Jima (LHD 7). Iwo Jima is deployed as part of the Iwo Jima Amphibious Ready Group supporting maritime security operations in the U.S. 5th Fleet area of responsibility. (U.S. Navy photo by Mass Communication Specialist Seaman Chad R. Erdmann/Released)

Chaplain's Call



CAPT Jim Hightower, CHC, USN

The New Year with its accompanying resolutions commenced with great gusto. Saturday, January 10th provided me with the honor of attending the commissioning ceremony for the USS George H.W. Bush (CVN 77). The following Sunday, I attended a celebration of religious diversity aboard the ship.

In the final days of 2008, this floating giant had been strategically positioned along pier 14 at Naval Station Norfolk, patiently awaiting more dignitaries than I have personally seen in one place in my entire Navy career. What a historic moment!

In stark contrast, USS Freedom (LCS 1), the Navy's newest Littoral Combat Ship was moored across the pier, its red, white and blue draped decks dwarfed by its pierside neighbor.

Appearances can be deceiving. In this case the smaller ship, operated by a rotating crew of 40 people requires every sailor to be crossed trained to accomplish multiple tasks. The larger ship when fully operational will require specialized skills of nearly 6,000 crewmembers. Yet both platforms are essential and every crewmember is vital to the defense of the nation.

The pride that both ships' crews share in their sea based home and workplace subverts any perception outsiders may have of "big I's and little you's."

The commissioning event and its underpinnings, both tangible and, intangible provide a great challenge for embracing life.

Among our New Year's resolution, may we include one to never underestimate the value and potential of small things.

I think Matthew 17:20 says it best: "I tell you the truth, if you have faith as small as a mustard seed, you can say to this mountain, 'Move from here to there' and it will move. Nothing will be impossible for you."

CREDO Spiritual Fitness Division

March 2009

16: IA Transition Workshop
27-29: Marriage Enrichment Retreat *

April 2009

14-16: Family Enrichment Retreat *
24-26: Marriage Enrichment Retreat *

***All Retreats are FREE (including meals). All that wish to attend must submit a special request chit through their Chain of Command.**

For more information contact RP1 James Gibson at gibsonj@secondflt.navy.mil or (757) 443-9850 ext. 47329, or the Spiritual Fitness Division at: (757) 444-7654

"Aim for success, not perfection. Never give up your right to be wrong, because then you will lose the ability to learn new things and move forward with your life."

- Dr. David M. Burns



Commander, U.S. Second Fleet would like to congratulate the following on their achievements.

**C2F 4th Quarter
Sailor of the Quarter**

AG1 Gonzalez

**C2F 4th Quarter
Junior Sailor of the
Quarter**

IT2 Arline

**C2F 4th Quarter Blue
Jacket of the Quarter**

IS2 Scantling

**C2F Sailor of the
Year 2008**

OS1 Warzinski

**C2F Junior Sailor
of the Year 2008**

IT2 Osborne

**C2F Blue Jacket of
the Year 2008**

YNSA Kalna

**Fall 2008
Advancement:**

PO3:

IT3 Chapoton
IT3 Jackson
IT3 Justice
IT3 Wall

MC3 Wilson
OS3 Coble
YN3 Andrews

PO2:

AG2 Hyde
CS2 Augstin
IS2 Sproul
IT2 DeLeon
IT2 Ebbinghaus
OS2 Veal

PO1:

IS1 Michelson
IT1 Strand
YN1 Bartley

Retirements:

ITCS Schlitt
IS1 Medlock

Promotions:

CAPT Risley

Reenlistments:

BMC Cravens
HMCS Foster
AG1 Gonzalez
LNC Jordan
IT2 Mitchell
OS2 Onsurez

Quiz Answers from Pg. 13

1. (A) True
2. (A) True
3. (F) A thru D
4. (A) True
5. (E) All of the Above

6. (B) False
7. (A) True
8. (D) Mood/ Attitude
9. (B) False
10. (A) Time

Navy Expands PTS to “Second-Term” Sailors

By Navy Personnel Command Public Affairs

The Chief of Naval Personnel announced plans Jan. 20, to expand the Navy's Perform to Serve (PTS) program from first-term Sailors, to all E-6 and below with 10 years or less of service.

“The Perform to Serve program is a vital element of our Navy's total force strategy providing an opportunity to keep our best and brightest Sailors in order to meet future fleet and manpower requirements,” said Vice Adm. Mark Ferguson, Chief of Naval Personnel. “The program that empowers our Sailors to perform to serve is now being expanded to include both Zone A and Zone B Sailors.”

PTS is a centralized reservation system that helps the Navy manage reenlistments of Sailors with less than six years of service, or Zone A. While most Sailors are permitted to reenlist in their current rate, Sailors in overmanned ratings may be offered

reenlistment in an undermanned rating and Sailors with a poor performance history may not be granted permission to reenlist. According to NAVADMIN 017/09 PTS will expand Feb. 1 to include Zone B; Sailors with six to 10 years of service.

Additionally, beginning Feb. 1 all Sailors with an approved PTS application must sign a page 13 within 30 days of message receipt to accept or decline their PTS reservation.

According to statistics from the Center for Career Development, in 2008 almost 90 percent of Sailors who applied for PTS remained in their current rating.

Controlling the number of Sailors in specific ratings provides better advancement opportunities for Sailors, while helping the Navy manage manpower requirements.

“When we started PTS in 2003, there were a lot of Sailors whose promotion opportunities were severely degraded because their rating was overmanned. PTS has helped

the Navy to balance its ratings and where there is more balance, there are better promotion opportunities,” said Senior Chief Personnel Specialist Ron Miller, PTS Branch, Enlisted Community Management Branch, Navy Personnel Command.

Sailors should consult their career counselors about 15 months before their end of active obligated service (EAOS) to fill out the paperwork to have the command submit a PTS application, regardless of their intentions to re-enlist.

Sailors should read NAVADMIN 017/09 available at the NPC Website for complete details.

For more information regarding the submission process, application format or other PTS issues, please visit the NPC website or contact NPC's Customer Service Center by calling 1-866-U-ASK-NPC (1-866-827-5672).

New Guidance to Non-Designated Sailors Preparing for Rating Exam

By Navy Personnel Command Public Affairs

MILLINGTON, Tenn. – The Navy issued new guidance Jan. 14 for non-designated Sailors seeking to participate in the March Navy-Wide Advancement examination.

NAVADMIN 014/09 Rating Entry for General Apprentices (REGA) updates existing guidance and provides an overview of forthcoming changes to the rating entry process for non-designated Sailors.

According to the message, rating entry procedures, rating eligibility requirements and rating entry specific notes contained in last year's NA-

VADMIN 197/08 remains in effect with the following modifications:

- Applications for approval-required ratings must be submitted by Feb. 15.

- Sailors requesting entry into the Mass Communication Specialist (MC) rating must have a command endorsed NAVPERS 1306/7, submit published articles and photos, and have an MC E-7 or above endorsement.

- Entry into USN aviation ratings is restricted to GENDET (General Detail) airmen and A-Pact (Professional Apprentice Career Tracks) Sailors only. ASVAB waivers for rating eligibility will be considered

on a case-by-case basis.

Commands are required to use the Fleet Rating Identification Engine (Fleet Ride) at <https://fleetride.sscno.nmci.navy.mil> to validate qualifications for the desired rating. Point of contact for access to Fleet Ride is Mr. Paul Martin at (901) 874-2970/dsn 882 or email at paul.d.martin@navy.mil.

Commands shall use ASVAB criteria contained in NAVADMIN 344/06 and the eligibility criteria in MILP-ERSMAN 1306-618 for rating entry. Waivers beyond these limits will be submitted to the cognizant enlisted community manager.

Navy Makes Preparing for Selection Boards Easier

By Chief Mass Communication Specialist (SW) Maria Yager, Navy Personnel Command Public Affairs

MILLINGTON, Tenn. (NNS) -- A new program announced by Navy Personnel Command (NPC) Jan. 14 makes reviewing records and preparing for selection boards easier by providing online access to their official military personnel file (OMPF).

Web Enabled Record Review (WERR), announced in NAVADMIN 011/09, allows Sailors to review documents in their OMPF, which are the same documents reviewed by selection board members when considering candidates for officer advancement, selection for chief, senior chief and master chief, and other selection boards.

"There's no substitute for empowering Sailors with the benefits of personalized access to their official military personnel file," said Jim Lauder milk, head, Mili-

tary Personnel Records Management and Policy at NPC.

Sailors can now access their WERR through Bupers on Line (BOL) at <https://www.bol.navy.mil>. All active duty and selected Reserve personnel with a BOL account and a CAC-enabled computer with appropriate certificates can now view their OMPF online by selecting the WERR option on the BOL main menu page. This application also allows Sailors to download and print service-record documents for personal and professional use.

"[It is] very impressive, user friendly, and offers easy access. I was extremely pleased with the availability of my personnel files in WERR and my ability to access and print copies of the things that I needed," said Lt. Cmdr. Ricky Small, assigned to NPC.

Since WERR mirrors what is uploaded to the Electronic Military Personnel Records System, recently submitted

documents may not yet appear in the record. If documents have been sent to NPC within the past 12 months, there is no need to resend them. They are still being processed.

"The projected goal of WERR tool is to empower Sailors. Offering almost instantaneous viewing of service-record documents and providing the opportunity to notify NPC of official corrections online improves records management for the entire Navy and ensures records are selection-board ready," said Dwight Stanton, director, Military Personnel Records Management Division.

WERR is an improvement because it eliminates the wait Sailors previously faced.

"There are unnecessary time-lags caused by waiting days or weeks to receive the CD version of the OMPF in regular mail," he added.

Selective Reenlistment Bonus Policy Changes Announced

By Sharon Anderson, Chief of Naval Personnel Public Affairs

WASHINGTON (NNS) -- Sailors will have the opportunity to reenlist with a Selective Reenlistment Bonus (SRB) up to 90 days before the expiration of their active obligated service (EAOS) under new policy set forth in NAVADMIN 006/09 released Jan. 9.

Sailors may have less than 90 days to reenlist for the bonus to keep the SRB reenlistment in the same fiscal year.

"Under old policy, a Sailor could reenlist anytime in the same fiscal year as their EAOS," explained Jeri Busch, head, military pay and compensation policy branch for the chief of naval personnel. Sailors need to carefully read NAVADMIN 006/09 to understand the many rule changes and exceptions and how this policy will affect any possible SRB awarded for reenlisting.

"By reducing the time frame for

SRB reenlistment the Navy can better project and manage end strength while continuing to provide incentive to Sailors with critical skills and valuable experience to stay Navy," said Busch.

The policy change is part of an overall effort to stabilize the force at about 329,000 active duty Sailors by the end of this fiscal year.

SRB is a targeted market-based incentive which allows enlisted community managers to strategically adjust award levels as retention needs dictate.

Any Sailor whose request to reenlist has been received by PERS-8 before the release of NAVADMIN 006/09 will have their reenlistment processed under the old policy. Reenlistment requests received by PERS-8 after the NAVADMIN's release will fall under the new policy.

Selected NECs will be allowed to reenlist anytime in the fiscal year and are listed in the NAVADMIN. Future changes to the list will be released via

NAVADMIN.

Some other requirements under the new policy include:

- * All SRB reenlistment requests must be submitted 35-120 days prior to the requested reenlistment date.
- * SRB requests submitted less than 35 days in advance of the requested date of reenlistment may be rejected.
- * Sailors who are eligible for combat zone tax exclusion (CZTE) and have an EAOS that falls in the most current fiscal year are authorized to reenlist anytime within the fiscal year. These Sailors along with command career counselors must annotate in the remarks section of the pre-certification request whether they are currently CZTE eligible.

All Sailors are encouraged to read the complete NAVADMIN and the frequently asked questions available at www.npc.navy.mil to understand how the policy changes will affect them.

Second Fleet Flag Secretary's Corner/ Tax Information



Are You Ready?

Each year, we witness a variety of hazards, both natural and man-made. They have included fires, severe storms, power outages, tornadoes and hurricanes, earthquakes, and even acts of terrorism. These natural hazards have threatened lives, property, and other assets. If and when a disaster strikes – are you, and your family, prepared for potential emergencies you may encounter?

We are all aware that certain geographic regions are prone to natural hazards, many of which can often be predicted based on weather patterns or physical characteristics of an area. As someone who has lived in the mid-west with the threat of tornadoes and blizzards; on the southeastern seaboard with seasonal hurricanes; and through California's wildfires and earthquakes – Family preparedness has become a way of life for my family over the years. For those of us that have lived in Virginia during 2008, we have witnessed devastating storms, tornadoes, flooding, wild fires, and the threat of hurricanes. So the question is – Are you better prepared in 2009?

Words of Wisdom

"A pessimist sees the difficulty in every opportunity; an optimist sees the opportunity in every difficulty."

- Winston Churchill

"The meeting of two personalities is like the contact of two chemical substances; if there is any reaction, both are transformed."

- Carl Gustav Jung

"There are no failures - just experiences and your reactions to them."

- Tom Krause

The ability to convert ideas to things is the secret to outward success.

-Henry Ward Beecher

COMSECONDFLEET DISASTER PREPAREDNESS IN MAY.

With Hurricane Season looming on the horizon – Second Fleet will be flexing our disaster plan from 04-14 May. In the first couple weeks of May, Second Fleet staff will be going through a Hurricane exercise (HURREX). The exercise will provide the opportunity to evaluate our ability to plan, prepare, and respond as the scenario progresses. Events may include evaluating contingency plans, verifying personnel recall information, and table-topping the employment of Fleet assets. Regardless of how we each fit into this exercise, as individuals or a team, take this opportunity to review your own family preparedness plan. Start early, and you will be ready!

Just as we train to fight, it is important to prepare ourselves and our families for potential emergencies early and often. There are many resources readily available at the local, state and Federal level for emergency planning, including the internet, and the Fleet and Family Support Center. Take the time to learn about what can happen and how your community is prepared to respond to emergencies - then prepare your family by creating a family disaster plan.

Emergency Planning and Checklists:

When developing a disaster plan (for yourself as an individual, or as a family), include the pertinent information or checklists. Each hazard consists of certain characteristics, and associated terms, and there are measures that can be taken beforehand to avoid or lessen the impact of these events. By knowing what you

need to do prior to, during, and after the event to protect yourselves – you will be better prepared in a crisis. As noted on the FEMA website (<http://www.fema.gov/>), plans should address the following:

- * **ESCAPE ROUTES:** (rehearse emergency egress from home, office; be familiar with local emergency routes.)

- * **FAMILY COMMUNICATIONS:** (have primary and back up means of communication; know what to do/where to go if not together when emergency occurs. Get children involved – there are websites geared to teach kids about hazards too!)

- * **UTILITY SHUT-OFF AND SAFETY:** (know how to secure gas, water, electricity to home.)

- * **INSURANCE AND VITAL RECORDS.** (Keep pertinent papers in a safe location, and ensure you have proper coverage for potential threats; flood insurance in a flood zone!)

- * **SPECIAL NEEDS.** (Assemble disaster kits with emergency supplies to deal with loss of electricity, water, etc.; care for small children/elderly/or physically impaired.)

- * **CARING FOR ANIMALS/PETS.**

- * **SAFETY SKILLS** (Learn how to administer First Aid and CPR; use a fire extinguisher, etc.)

While these are only some of the key components of an emergency planning – you can tailor plans to fit your situation. Don't forget – monitor and heed warnings from local/state and federal agencies as hazards develop, as well as the dangers that remain in the aftermath (downed power lines, flooding, road closures, etc).

COMSECONDFLEET's Certified VITA Tax Preparers

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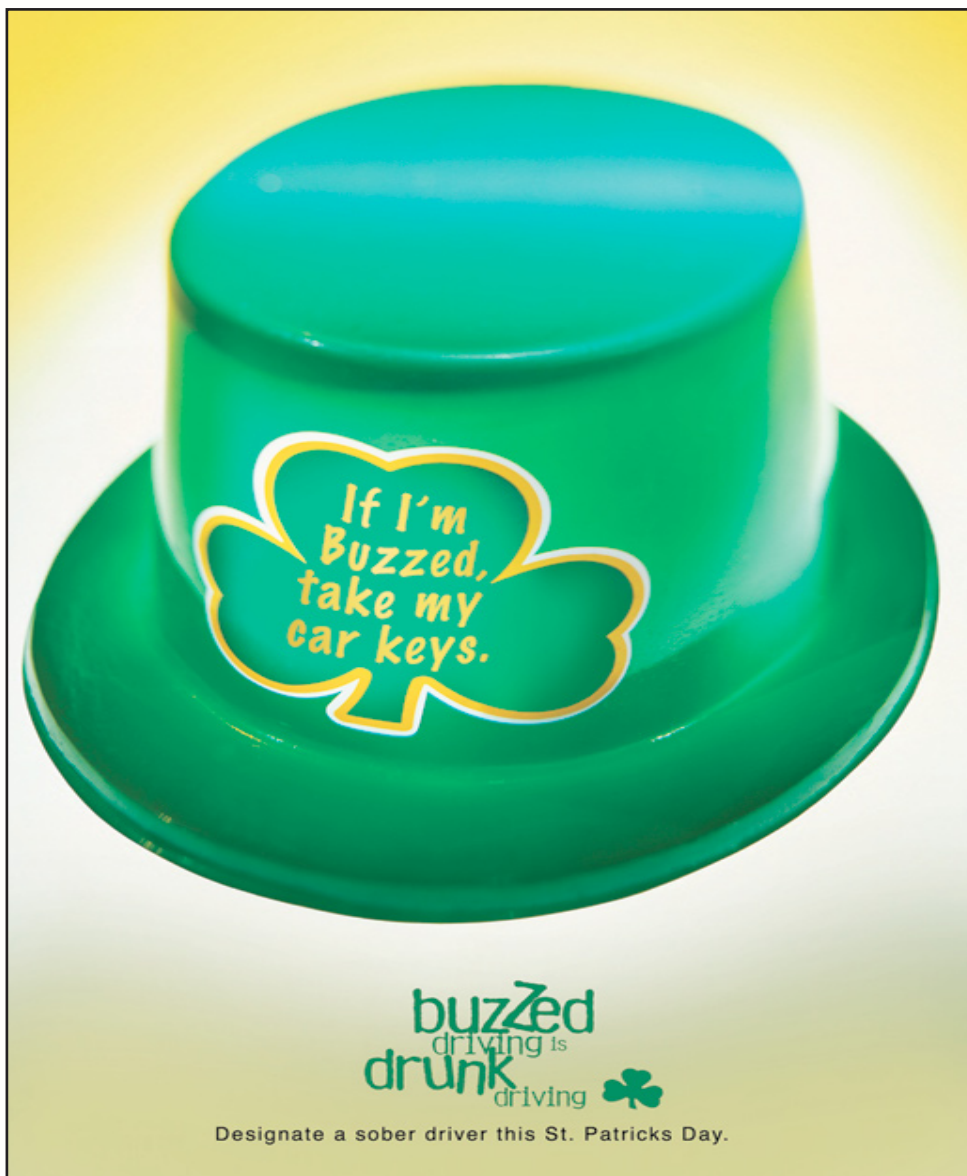
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For Your Information



5. Which of the following are signs of a drunk driver?

- a. Slow driving in the left lane
- b. Running over the curb
- c. Weaving
- d. No lights when needed
- e. All of the above

6. If you identify a possible alcohol-impaired driver, you should attempt to pass the vehicle and get to a phone to call for help.

- a. True
- b. False

7. Most states consider a motor-vehicle operator to be impaired or under the influence with a BAC between .03 and .05 percent.

- a. True
- b. False

8. Which of the following factors does NOT determine how alcohol will affect you?

- a. How fast you drink
- b. How much you weigh
- c. Whether or not you have eaten
- d. Mood/attitude
- e. Age & sex

9. It is better to drink beer than booze because the alcohol content of a 12 ounce beer is less than one and a half ounces of 80-proof booze.

- a. True
- b. False

10. Once your BAC begins to rise, you can sober up or reduce it by which of the following?

- a. Time
- b. Eating
- c. Coffee
- d. Cold shower
- e. All of the above

Private Motor Vehicle Safety Quiz

1. If you were driving with a blood alcohol concentration (BAC) of .10 percent you would be considered legally DUI in all states.

- a. True
- b. False

2. For the average 160-180 pound individual, inhibitions are lessened and judgment begins to be affected after drinking just one beer in one hour or less.

- a. True
- b. False

3. Alcohol consumption affects which of the following?

- a. Coordination and physical reflexes
- b. Reaction time
- c. Visual sharpness
- d. General awareness
- e. a and b
- f. a thru d

4. The effects of alcohol wear off at the rate of roughly one drink per hour.

- a. True
- b. False

For Answers to this Quiz

Turn to page 9.

For more information regarding vehicle safety
visit the Naval Safety Center Website:
www.safetycenter.navy.mil

**A danger foreseen is half
avoided.**